

**MILLIKIN UNIVERSITY COLLEGE OF PROFESSIONAL STUDIES: SCHOOL OF EXERCISE SCIENCE & SPORT**  
**Exercise Science Major**

<b>Semester #1</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #2</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
IN 140: University Seminar		3	Every	ES 206: Foundations & Theory of Health Behavior & Fitness		3	Spring
IN 180: University Writing		3	Every	CH 203/205: Essentials of Organic Chemistry/Lab		4	Every
ES 160: Personal and Community Health		3	Every	CO 200: Public Speaking		3	Every
CH 114: Fundamentals of Chemistry/Lab		4	Every	<b>PS 130: Intro to Psych* OR</b>		3	Every
ES 130: Prevention & Treatment of Athletic Injuries		3	Every	SO 100: Intro to Sociology			
				International Cultures/Structures or Language Option		3-4	Every
<b>Semester Total</b>		<b>16</b>		<b>Semester Total</b>		<b>16/17</b>	
<b>Cumulative Total</b>		<b>16</b>		<b>Cumulative Total</b>		<b>32/33</b>	
<b>Semester #3</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #4</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
IN 250: US Cultures		3	Every	IN 251: US Structures		3	Every
BI 204 or <b>BI 206: Anatomy &amp; Physiology w/lab</b>		4	Fall	BI 207: Anatomy & Physiology II- class and lab		4	Spring
IN 280: Writing in the Disciplines		3	Every	ES 305: Physiology of Exercise I (Co-enroll w/ES 306)		3	Spring
ES 325: Growth and Motor Development		3	Fall	ES 306: Physiology of Exercise I Lab (Co-enroll w/ES 305)		1	Spring
MA 130: Elementary Probability and Stats <b>OR</b>		3	Every	ES 310: Kinesiology		3	Every
<b>PS 201: Statistical Methods* (Quantative Reasoning)</b>				Elective		3	Every
<b>Semester Total</b>		<b>16</b>		<b>Semester Total</b>		<b>17</b>	
<b>Cumulative Total</b>		<b>48-49</b>		<b>Cumulative Total</b>		<b>65-66</b>	
<b>Semester #5</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #6</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
IN 350: Global Studies		3	Every	ES 409: Biomechanics		3	Spring
ES 328: Health Related Fitness & Nutrition		3	Fall	ES 418: Principles of Strength Training (Co-enroll w/ES 419)		3	Spring
ES 335: Organization and Administration		3	Every	ES 419: Principles of Strength Training Lab (Co-enroll w/ES 418)		1	Spring
ES 352: Practicum in Group Fitness		3	Fall	International Cultures/Structures or Language Option		3-4	Every
ES 410: Physiology of Exercise II (Co-enroll w/ES 411)		3	Fall	ES 440 Sport Nutrition		3	Spring
ES 411: Physiology of Exercise II Lab (Co-enroll w/ES 410)		1	Fall	Elective		3	Every
<b>Semester Total</b>		<b>16</b>		<b>Semester Total</b>		<b>16-17</b>	
<b>Cumulative Total</b>		<b>81-82</b>		<b>Cumulative Total</b>		<b>97-99</b>	
<b>Semester #7</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #8</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
ES 320: Sport Skills		3	Every	ES 471: Internship in Exercise Science		12-15	Every
ES 426: Principles of Personal Training		3	Fall				
ES 427: Principles of Personal Training Lab		1	Fall				
Creative Arts Requirement		3	Every				
Elective		3	Every				
Elective		3	Every				
<b>Semester Total</b>		<b>16</b>		<b>Semester Total</b>		<b>12-15</b>	
<b>Cumulative Total</b>		<b>113-115</b>		<b>Cumulative Total</b>		<b>124+</b>	

**NOTES:**

- All Exercise Science students must complete an approved Cardiopulmonary Resuscitation course within their last 3 semesters - American Red Cross or American Heart Association courses are acceptable as long as you complete the adult, infant, and child CPR components, (including obstructed airway).
- \*Choose if considering going into the MSAT program.
- University Graduation Requirements = 124 credits or more, University 300 level or higher Requirements = 39 credits or more
- For financial aid eligibility, students must be enrolled in 12-15 credits.
- The schedule above provides a template. Schedules will vary by student. Summer courses may be taken at Millikin or another institution (course approved through Registrar)

Student Name: \_\_\_\_\_

<b>GPA</b>	Fall _____	Spring _____	Fall _____	Spring _____	Fall _____	Spring _____	Fall _____	Spring _____
<b>Major</b>								
<b>Cumulative</b>								
<b>Academic Alerts/ Accolades</b>								

**Quantitative Reasoning (QR):** The course sequences below are based on the Math ACT/SAT score. Students can also take the math placement test in the Math Department to progress more quickly through this process if the test is passed.

<b>Math ACT/SAT Score</b>	<b>COURSE SEQUENCE</b>
<b>21/539 or below</b>	<b>MA 098 (Pre-QR) _____</b>
<b>22-24/540-589</b>	<b>MA 110 or BI 240 (Satisfies QR but has a math prerequisite) _____</b>
<b>22/590 and above</b>	<b>All MA courses numbered 115, 130 or 140 _____ (Satisfies QR but has a math prerequisite)</b>
<p><b>Approved QR course(s) listed below:</b> (Satisfies QR with no Math Prerequisite)</p> <p>*IN 102 _____            PS/SO 201 _____            PH 213 _____            MT 111 and MT 112 _____            TH 453 _____</p> <p>* Does not count towards the distribution requirement for the Bachelor of Science degree and does not serve as a prerequisite to any mathematics course.</p>	

**Additional Comments:**